

# SERENITY

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## EDITORIAL DEPARTMENT

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*Opinions expressed are not necessarily those of the Sentinel.*  
*All unsolicited manuscripts must be accompanied by a self-addressed, stamped return envelope.*

## JUSTICE AND THE LAW

A lecture given at Serenity Spiritualist Church on Nov. 3, 1974  
through the Mediumship of Richard P. Goodwin

Now, many of us, I am sure, have different understanding on what justice is and on what law is. We understand in this philosophy that all experiences in life are simply the effect of a level of consciousness that we have chosen to express upon. Now, so often, a man says that he did not choose the experience that is so distasteful to him, but, my friends, that choice is made within our own mind, within our own consciousness. We stated earlier in this philosophy, many, many months ago, that Acceptance is the Divine Will; that this Divine Infinite Intelligence expresses itself through form. And so, expression indeed is God's manifestation. However, my friends, we and we alone, consciously or subconsciously choose all of the experiences in life that we encounter.

Now, what does that have to do with justice and the law? It has a great deal to do with that title. For we understand that whereas man does indeed have choice, that man, in truth, is a law unto himself. He sets the laws of life into motion by his own attitude with any experience that he encounters in life. Many of us may say that we are not aware that we chose to enter this earth realm as part of our evolutionary process of our own soul. But remember, friends, that decision is the mother of destiny. And once we have made a choice, we set a law into motion and that law must be fulfilled to the degree and to the extent of our own acceptance. And so, indeed does it behoove us, if we are seeking Divine Justice and an understanding and application of Divine Law, to respect the Divine Right of expression of all form everywhere. Whether or not we agree with the expression of another depends on what type of law that we and we alone set into motion. For example, if we encounter an individual who we find is difficult for us to tolerate, then what we have done, in truth, is given the power of our own consciousness to that individual that we cannot tolerate. That is a demonstrable teaching, for whenever we think of people that are difficult to tolerate, we immediately experience a lack of the peace that passeth all understanding.

In speaking of these laws, we must have clarification and discernment of the laws of a society, of a government, of a country and of a people. The laws of any country and any society, any-  
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where, are enforced by what is known as negative faith. And negative faith is known as fear. For example, if you cross the street against the red light, or you transgress any of society's laws, you have already accepted in your consciousness that a payment from you will be extracted, And it is that fear or negative faith which we have accepted that helps us to survive harmoniously in a society and in a country. So often, my friends, we enter different paths of understanding of the purpose of life and we forget so easily that a multitude of other sincere people are on, in truth, the same path but it looks a little different to us because it is not exactly the path that we, ourselves, have chosen. That does not deny the truth that the other soul is reaching the Light of Eternal Truth as well as we are, but it does mean that in all the getting in the universes, only the getting of understanding is of any benefit or of any lasting value. For when man gets understanding, he then is in a position to apply the Divine laws that he now understands. And, so it is, as the mind seeks a multitude of things through what is known as desire, we would not have to go on this merry-go-round of searching and seeking and struggle if we would simply pause to think, to be at peace, that understanding may rise in our consciousness; for when it does, all things that you could possibly desire shall manifest in your life according to the Divine law and application of understanding.

This philosophy teaches that God, the Divine Intelligence, is ever equal to our understanding and how true and demonstrable that is. Man cannot truly apply what he does not first understand. The teaching is also that understanding is the very foundation of all our soul faculties. And man's understanding is ever in accord with his expression, his application of what we call the soul faculties, the first of those being duty, gratitude and tolerance, faith, poise and humility. If it is truly understanding that you are seeking, then remember to express through at least those first two soul faculties. And in the years of teaching students, I have found one of the most difficult of the soul faculties to express through is known as tolerance. You see, my friends, we are the effect of the accepted patterns of mind of yesterday and this is what we judge life with, unless we have understanding. And we cannot have understanding until we open our soul faculties. And, so it is that we are in a constant process of judgement and we are in a constant process of what we think justice is. And so, we have in

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THE PENETRALIA  
Being Harmonial Answers to Important Questions

by Andrew Jackson Davis

Continued from last issue—

*How does God execute his decrees?*

By living in accordance with the unchangeable principles of his own physical and mental being; by universalizing his spirit, and making the humblest things examples of his love and wisdom.

*What is the work of creation?*

There is no creation; but formation perpetual.

*How did God create man?*

God did not create man. Man came from Nature's matrix as a child from its mother's womb; a Product of Nature; and like a child, looks to her for all sustenance, entertainment, and instruction.

*What are God's works of providence?*

All things in the universe; nothing is especially designed; everything comes forth in its natural order and discreet degree; according to laws which are without variableness.

*Did our first parents continue in the state wherein they were created?*

Our first parents, when they discovered that they were endowed with intellectual perceptions and physical necessities, began to bestir themselves in accordance with instincts of discovery and self-preservation. They began to learn, to suffer, to subdue. Marriage and mechanism were found to be inseparable; as with the little birds which are compelled to learn how to build nests for their young. On this principle, though upon an exceedingly low scale of existence, our first parents slowly advanced from a state of ignorance to comparative enlightenment; yet they were the veriest barbarians when compared with any portion of the Anglo-Saxon race.

*Did our first parents never fall from innocence?*

They could not, because they never stood erect. They began physically and mentally in the lowest part of the valley of human existence; hence, as there was no "deeper depth," a fall was impossible. Yet they have stumbled often in ascending the hill of progressive development.

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our world one person deciding what justice is, another deciding what justice is, and the two cannot agree. Of course, we cannot agree, until we recognize and accept in our own consciousness, that our decision that we call just or justice is based upon the acceptance and programming of our own subconscious mind.

How can we be free from the programming of a lifetime? Well, we cannot free anything that we cannot first find. And we cannot find anything that we do not first have some idea where to look for it. And so, that is our teaching and our understanding, that our subconscious is controlling so much of our life, that is where we had best start. And how does man do that? He has found many different ways. You have psychology in your world. You have psychiatry. You also have peace and meditation. When a person starts upon a meditation process, a daily meditation, they go through a multitude of experiences. And so often in what they call meditation, the experiences that they encounter have nothing whatsoever to do with the so-called world of spirit. There are times when it does. But until we first understand what is in the depths of our own mind, then how are we going to discern what is a spirit of the departed and what is a manufacture of our own subconscious? What is the form of desire if we do not understand it? How do we know which it is? In the process of spiritual unfoldment, let us give some thought and some effort in the Spiritualist Movement, at least, to what is spiritual and what is mental. Let us be honest with ourselves and let us set the example, and let us recognize that man is more than one being. Man is a physical being which is the effect of a mental body, and man is a mental body which is the effect of a soul body, and that is the expression of what we call the Divine or God.

So let us think, my good friends, about justice and the law. Let us be just with ourselves, with our efforts, and with our endeavors, then we will be in a position to demonstrate the divinity of the law itself.

Now what is law? You hear so much about law everywhere. What is a spiritual law? And what is a mental law? Man decides how he wishes to direct energy; that energy we call the Divine. When man makes that choice of how he wants to direct the Divine Energy, and he makes that choice by the mental process of thought, when he makes that decision, he directs the Divine

(Continued on Page 29)

## *Student's Corner*



by Miriam Bostwick\*

There is hope for the habitually late person! Are you among the many who find it so very difficult to be on time, whether it is for class, work, an appointment, curtain time at the theatre, dinner or whatever you have committed yourself to do? If so, then perhaps you have wanted to break the cycle. You may have noticed, however, that each time you try to be early, something invariably seems to come up that you feel needs your immediate attention and, invariably, unless you make a very determined effort, you get side-tracked.

What is taking place? Well, man is never without choice; so you, yourself, allowed yourself, through the choices or priorities you established, to be late. No one else is to blame, though we frequently tend to put the cause outside ourselves.

Tardiness usually follows a very definite pattern. In other words, a certain tape has been programmed in the subconscious and since the subconscious is the magnetic mind, it draws to it all the experiences necessary to guarantee the continuity of being late. This is why all those little things seem to go wrong at the last minute, when you are madly dashing about consciously trying to be punctual. Wouldn't it be worth the effort to program a new tape in the subconscious? We can talk to it, you know, and explain in a kind but firm manner that when one makes an appointment or date, one makes a spiritual commitment.

Energy follows attention, so do not give energy to being late. Instead, say to yourself, "Be it in Divine order, I will be on time." That will raise your level of consciousness out of self to a more  
(Continued on Page 17)

## VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

## SKEPTICISM

EXEMPTION from doubt would prostrate enterprise and destroy the mainspring of imagination, whose firstborn is curiosity, whose handmaidens are investigation, experiment and achievement, resulting in universal progress. All that man can know for *certain* is what has been, and what is, and of these only items and fragments; for his mind is not capable of comprehending the whole of either past or present, even in his own little world. "I know that I know that I am," is the Alpha and Omega of certainty.

Doubt, which means uncertainty, is the mind's prime incentive to activity. The uncertainty of life keeps the soul revolving very near the orbit of its just equilibrium; it is the ballast in the hold, which saves the vessel from going over in a storm.

Absolute, unquestionable certainty—the self-demonstration and incuriosity of sleepless omniscience—abolishing all reasonings, crushing all research, destroying all possibility of surprise and emotion, is happily impossible to human nature. Some Orthodox poet (Pollok, I believe) professed to find comfort in *certainty* at the Day of Judgment. "The good man," he wrote, "*knew*, in very truth, that he was saved to all eternity, and feared no more; while the bad man had proof complete that he was damned forever; and believed entirely, that on every wicked soul anguish would come, and wrath, and utter woe." But then, we must remember that Orthodox Christians have a genius for drawing comfort from wells into which a reasonable and refined person would not even let down an "old oaken bucket."

What shall we say? Do not spiritual communications make *certain* the immortality of the soul? Does walking a mile into the country give you certain knowledge of the contents of every other mile around the globe? Of future existence for you, let us agree that spiritual intercourse is a demonstration. But can immortality of your own special memory and private consciousness be rendered *certain* by any proof short of the absolute living of an immortal life? Doubt, at this juncture, is the mother of fresh thought and investigation. Imagination, which is the seer of the intellectual faculties, now spreads its wings for another flight into immensity.  
(Continued on Page 14)

## Visitors Views



“Very fine feeling of being together.” H. W.

“Very enlightening.”

“I am very delighted and grateful for the warmth of this community of loving people. The opportunity to study the laws seem even nearer now. I look forward to working and playing and living with you all in a shared effort. The possibility of learning together and the mutual understanding and assistance implicit in this learning brings me joy. Thank you for your support, inspiration, understanding and love.”

“I found the service interesting and I would like to come to another service to learn more.”

“I felt very good coming here. It made me feel a lot of energy inside of me.”

“Very sincere service—it is the only ‘church’ gathering that I have found to be concerned and interested in helping each individual to help themselves. I am deeply appreciative.”

“Refreshing to touch upon an honesty that enters even this cynic’s heart.”

“I enjoyed your service very much. Hope to attend again.” S.

“This appears to be a very warm community of people—reminds me of a small town church.” K.

“Very beautiful integration of an orthodox church service and the relatively new understanding of spirituality. Thank you.” L.

“Pure.” A. P.

## SPIRITUALIST DICTIONARY

Andrew Jackson Davis:

The Poughkeepsie Seer (1826-1910), famous medium and author of many Spiritualist books which had a great influence on the development of ideas about Spiritualism of his time. Born of uneducated parents in poor circumstances, Davis developed as a clairvoyant and clairaudient, but received no education until the age of sixteen, when he was apprenticed to a shoe-maker. After some experimenting with Mesmerism, he recounted a strange experience in 1844, during the course of which he said he met Galen and Swedenborg and received mental illumination. From that time he began to dictate, while in the trance state, many instructive books, and was able to answer difficult questions correctly. His Hebrew quotations were vouched for by Dr. George Busch, Professor of Hebrew at New York University. The publication of his great work: '*The principles of nature, her Divine revelations, and a voice to mankind*', was an overwhelming success; it ran to thirty-four editions in less than thirty years and made Davis famous. As head of a band of enthusiasts, he published a paper '*Univercoelum*'. Late in life he retired to a small Boston bookshop where he sold books and herbal remedies.

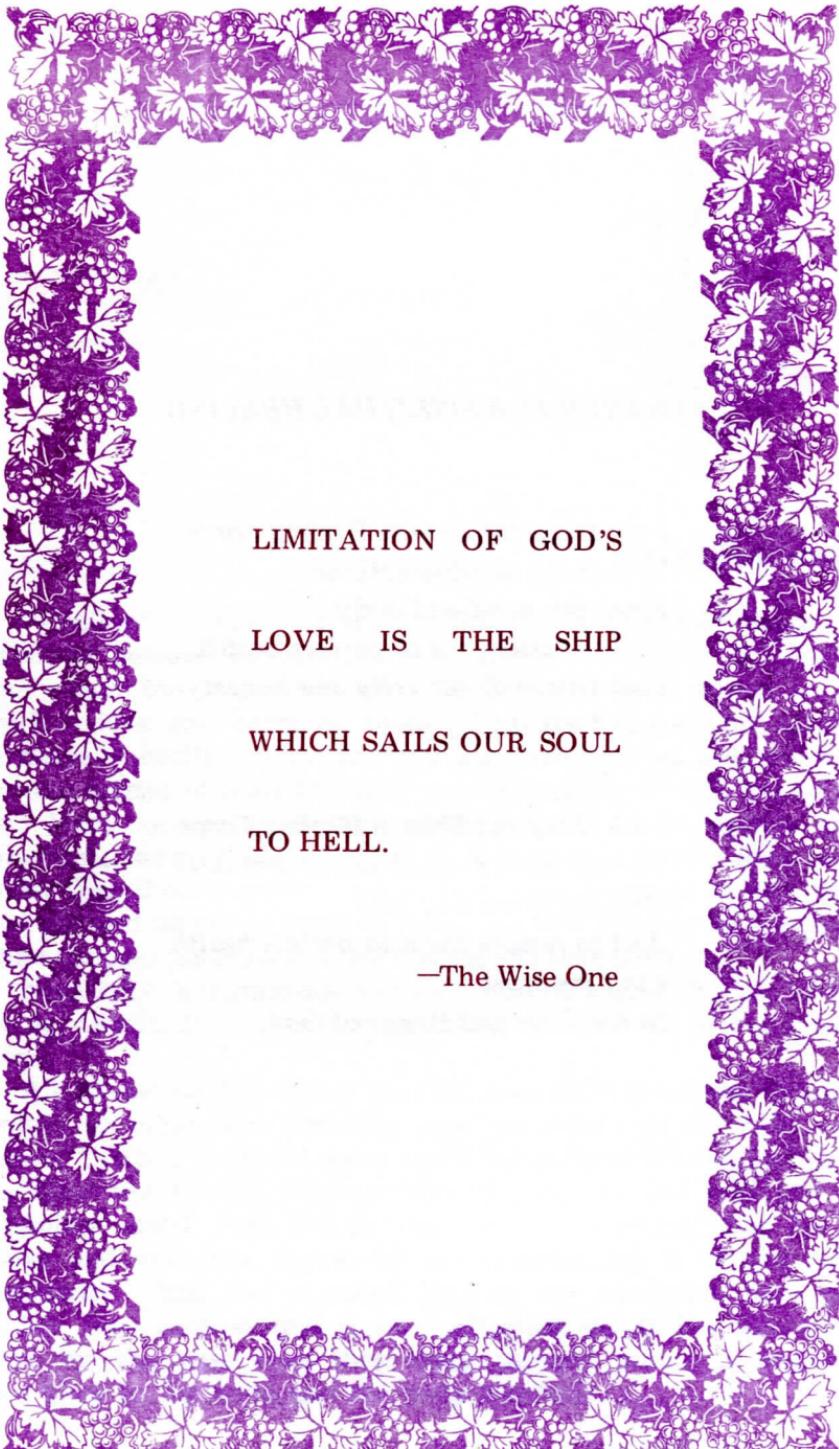
Victor Hugo:

(1802-1885) The great novelist was convinced of the truth of Spiritualism. He wrote of French Spiritualists: 'To avoid phenomena, to make them bankrupt of the attention to which they have a right, is to make bankrupt truth itself.' When he died he left an unpublished MS on Spiritualism to Paul Meurice. During his exile many circles were held which he attended. The medium was Charles Hugo.

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"In what he leaves unsaid I discover a master of style"

—Johann Schiller



LIMITATION OF GOD'S  
LOVE IS THE SHIP  
WHICH SAILS OUR SOUL  
TO HELL.

—The Wise One

### **PRA YER FOR SPIRITUAL HEALING**

*I ask the great Unseen Healing Force  
To remove all obstructions  
From my mind and body  
And to restore me to perfect health.  
I ask this in all sincerity and honesty  
And I will do my part.*

*I ask this great Unseen Healing Force  
To help both present and absent ones  
Who are in need of help  
And to restore them to perfect health.  
I put my trust  
In the Love and Power of God.*



## *Healing Hands*

by Bee Dorbandt\*

“Healing” — The very word holds the vibration of peace. In spiritual healing, as one lifts one’s thoughts upward, the healer can reach the soul level and the Light of God moves in, in perfect love and harmony to do His perfect work. Our natural heritage is health. Illness and old age have been so well received by the masses in their thinking, they actually believe it has to be so. Many octogenarians and oldsters seem to be ageless and blooming, while many of those in the prime of their lives look older than their parents — why? They have accepted as fact, that old age and illness go hand in hand. All they have to do is change their thought patterns and the healing will take place.

Negativity is ingratitude and God cannot negate the law of his being. Gratitude insures compensation on all levels of consciousness.

All disease or discomfort is of our own making and the thought comes to mind that centuries ago, we were told to “heal ourselves.” This is no small order and it takes character and fortitude to take the inward journey from the ego to the soul and in humility stand bare before our God — knowing that He is Love and that the illness we are experiencing is of our own negativity. That we, at some time in our existence, have put a law into motion that is now affecting us. It has also been said by the wise ones that every thought which is negative is a blow to the mind and the body responds.

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From the realm of *uncertainty* will now come back a flock of birds of paradise. Hope, Aspiration, Yearning, Prayer! These are faithful life-preservers for the groping millions—while to the thinking few, there are the faithful safeguards of Nature, Reason, Intuition, Philosophy.

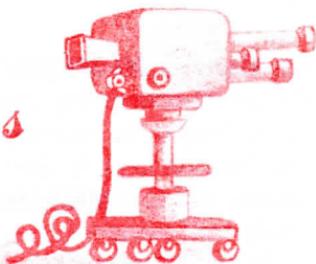
Thus, in a universe of doubt and uncertainty, the great army of fools and philosophers jog along side by side; no one quite knowing exactly in his own mind the critical spot where the fool ceases and the philosopher begins.

### EMANATIONS

Every principle wears appropriate garments. The life within the blood, like the sensation within the nerves, puts on an armor of many-colored atmospheres, compounded of particles derived from the constitution within, as grass grows out of the soil, or hair upon the head. These particles, which form an atmosphere about a person, are pleasing or repulsive, and can be detected by animals like horses and dogs, and more especially and certainly by impressible sensitives called mediums. It is this *aura*, going before a person or trailing along the path the feet have pressed, which makes it possible for the bloodhound to track the slave, the fond dog to find his master, or for you to realize when a particular acquaintance is near your house, or for two silent persons to think the same thought at the same moment. There is a great reality in this atomic emanation about a person, which, in progress of science, will lead to great discoveries and social revolutions. It may do far more than the ten commandments to regulate the marriage relation and the production of children. Real individuality and spiritual status can be accurately ascertained by the aural atmosphere which, in spite of either wish or will, surrounds a person, preceding and following him everywhere he goes and under all circumstances, indicating and analyzing him as completely as words can impart an idea to the mind.

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Moving? To receive uninterrupted delivery of your monthly *Serenity Sentinel*, please make sure your change of address reaches us at least six weeks prior to your change of residence.

*News & Views*

by Duncan Robertson\*

New horizons in medicine and some old ones revisited greeted those professionals attending the recent University of California at Berkeley extension program on "Holistic Medicine." The term "Holistic" was in reference to considering the "health and well-being of the whole person as he relates to the environment," said David Sobel, the program coordinator. Discussions on acupuncture, for example, cited that the ancient practice of healing is only a small part of Chinese medicine which also includes herbal medicine, diet, exercise, philosophy and religion. Dr. David Bressler Director of the Acupuncture Research Project at UCLA Medical School, pointed out that for modern medicine to properly utilize the Chinese method of treatment it must make an effort to better understand that acupuncture is more than just sticking needles in people. "The Chinese have tapped into energy," says Bressler. "Inside each of us is both yin and yang energy. Illness is blocked energy. The chi (energy) can be controlled with needles. When the chi is in balance, the body cures itself." Healing arts of the American Indian were also represented at the program. Dr. Robert Bergman, faculty member of the medicine man school at Rough Rock, Arizona, spoke on the role of the medicine man as the final authority and last resort in healing methods employed by the Navahos which include counseling, herbal medicine and "white hospitals" as well as spiritual healing. All members of a subject's family are involved in the healing ceremonies, says Bergman. "Illness is the proper lack of harmony among family members and between them and the rest of the universe....the ceremony puts things back in tune again."

## A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. and M. H. Wallis

## MEN, NOT BOOKS, ARE INSPIRED

It is necessary to remember that a *book* cannot be inspired, although human beings may enjoy such an experience. It is also important to recognize that a statement is not necessarily true because it is inspired. We now know that a man may receive thoughts, and be subject to impulses 'from the other side,' and yet those thoughts may be misleading and the impulses sometimes such as should be resisted. The recipient may fully believe that the ideas imparted to him are Divine Inspirations, but his belief does not guarantee their Godly origin or their infallibility. The affirmation that 'Holy men of God spake as they were moved by the Holy Ghost' (2 Peter, i. 21), does not warrant the soundness of the statements which they made, or which have been attributed to them. No amount of inspiration can make a falsehood true, or an error accurate; consequently the test of the value of any inspired sentiment, teaching, or affirmation is to be found in its truth rather than in the source from which it emanates; and each reader is entitled to use his own judgment, and to be fully persuaded in his own mind. Inspiration affects the individual, and he cannot be inspired beyond his capacity to receive; therefore a perfect medium would be required for an inerrant gospel.

## THE WORD OF THE LORD

Much confusion of thought has arisen because of the modern misuse of the phrase, 'the Word of the Lord,' as though it meant the Bible, whereas it originally meant the message, inspiration, dream, or *spoken word*.

It is claimed 'that holy men of old spake as they were moved by the Holy Spirit,' but inspiration and guidance by spirits is not a miracle of past ages, it is a *perpetual fact*, which under the operation of the Divine law is employed to elevate man to higher spiritual planes. The prophets of old were 'forth speakers,' mediums, with all their human frailties and shortcomings. John Page Hopps says: 'The prophets were in the main the revivalist preachers and political reformers of their time... It is when we ask how the pro-(Continued on Page 21)

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neutral level. When you have truly made a spiritual decision to change your level of consciousness from procrastination to promptness, you will then feel, with the courage of true conviction, that you are greater than that old level of procrastination. You will begin to exercise self-control, and you will no longer fulfill your desires of the moment but will set priorities that show consideration for others. You will no longer need to gain attention by making your grand late entrance nor will you need to continue to feel guilty or embarrassed because of the excuses you have made to justify your tardiness; actually, your lack of self-control.

We have a duty to our soul to free it from the addicted patterns of mind. Being late is so deep-rooted in some people that it can be likened in degree to that of the drug addict in his effort to continue to support his habit. How much self-control does the addict show when he computes he needs a drug? The mind finds security in all of its addicted patterns because to the mind, familiarity represents security.

A soul cannot be free to express its divinity when the form, the mind, chokes its very expression by its various patterns of addiction. The mind does not want to commit itself because it wants to be free to fulfill whatever desire pops up at the moment. Refusal to make a time commitment is only one example of the many ways in which we literally imprison our souls. The principle of freedom from all the self-levels of addiction is the same, however, and includes the practice of self-control, awareness of self from moment to moment, continuity of effort, being at peace and serving selflessly. The result will bring unity and harmony between the conscious and subconscious minds, enabling a most effective "withdrawal" from any pattern of addiction.

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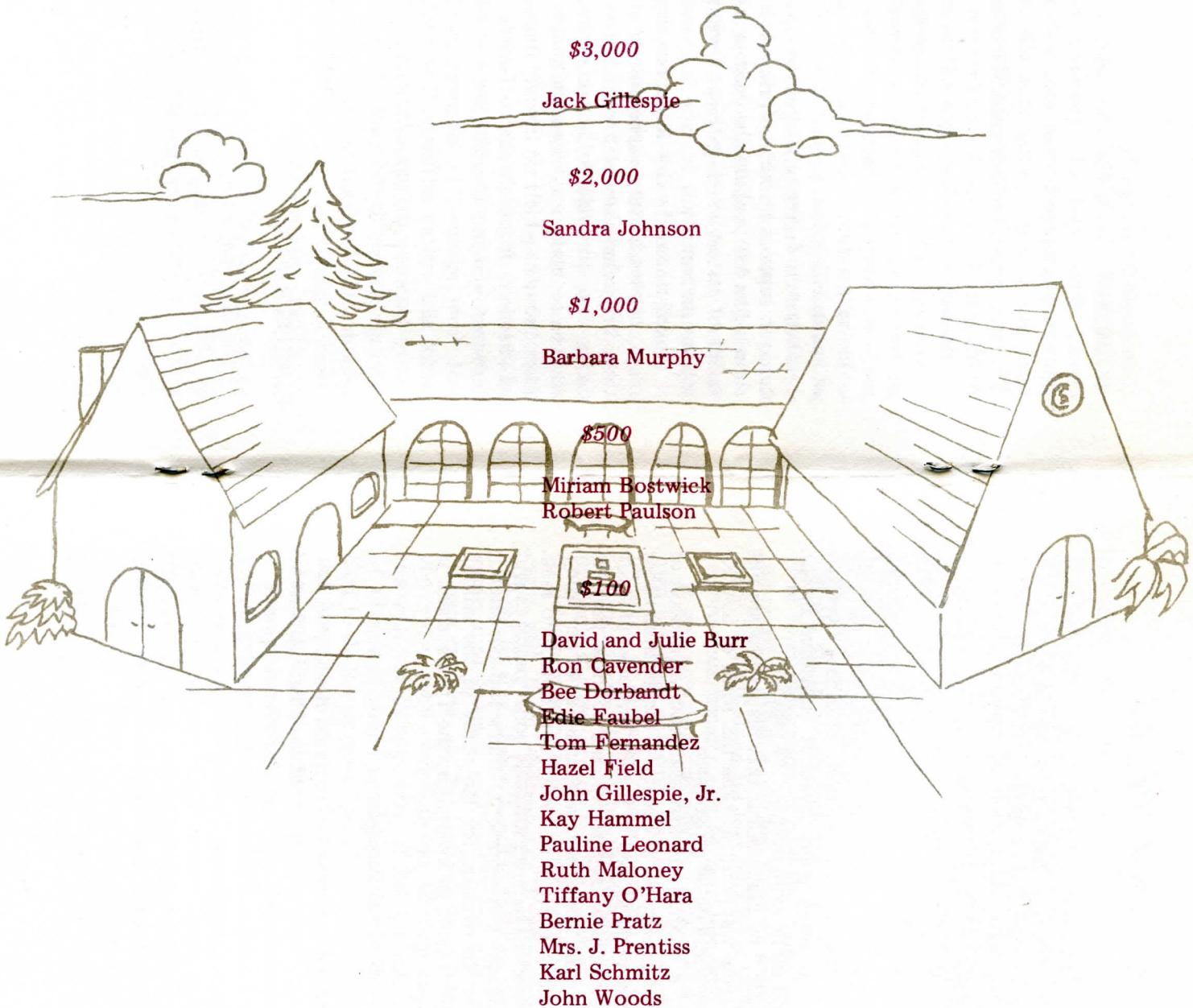
#### EDITOR'S NOTE—

The Sentinel extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (\*).

# Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE: \$12,421.94



We gratefully acknowledge gifts made to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

# The Living Light

In this new book are the wonderful teachings of The Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of The Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

## Selected Passages:

"It takes daily moment-to-moment effort and if you will consider ever to remember, "I am only the vehicle of the Light and it is the Light that doeth the work and that is all that is eternal." If you will remember that in thought and abide by it in all your acts and activities, you will in time be free."

Order now your copy of the limited deluxe first edition "The Living Light." \$10.60 per copy, plus \$.50 handling and mailing.

Mail order to:

Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

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phets got what they called, or what others called for them, "the word of the Lord," that we find how near akin the ancient prophet was to our modern medium. He had visions, he was clairvoyant, he went into trances, he heard voices, or he was moved by an ecstasy that sometimes went perilously near raving.' All throughout the Book of Ezekiel the phrase, 'the word of the Lord came to me,' occurs. Clearly it means 'the thought of the Lord'—or what the prophet regarded as such. In the second chapter Ezekiel says: 'And he said unto me, Son of Man, stand upon thy feet and I will speak unto thee. And the spirit entered into me when he spake unto me, and set me upon my feet, that I heard him that spake unto me.' Here is an illustration of how the 'word,' or inspiration, came to the prophet. When a modern speaking medium is 'influenced' and made to stand upon his feet, he too is (except when in the deep unconscious trance) able to hear him who speaks through him.

It was common amongst the Jews for the kings to keep their own prophets or seers; thus, 'The word of the Lord (or the impression, or message) came unto the prophet Gad, David's seer.' (2 Samuel xxiv. 11.) A further illustration of the functions of the prophets is given in Numbers xxii., where we are told Balak sends to Balaam to come and *curse* the Israelites for him. His messengers carry with them 'the rewards of divination.' Balaam invites his visitors to stay all night, while he consults his Lord. 'And God came unto Balaam, and said, What men are these with thee?' Balaam explains, and his God (guide) refuses to permit him to go and curse them. Balak thinks to buy Balaam, and offers great rewards; but Balaam says, 'If Balak would give me his house full of silver and gold I cannot go beyond the word of the Lord my God to do less or more.' And his God comes unto Balaam *at night*, and directs him to go with them, 'yet the word which I shall say unto thee, that shalt thou do.'

From this narrative we learn that Balaam was a trance speaker and clairvoyant, that he received payment for his gifts, that the same power of divination, or prophecy, was used to curse or to bless. But the prophet of himself could do nothing. It was to be given to him in that hour what he should speak, as the spirit gave him utterance. Evidently it was the same power, gift, or mediumistic aptitude which in the well-disposed and true was called prophecy, while in the evil-minded it was called divination, enchantment, or witchcraft.



## Cook Book Capers

by Edie Faubel\*

### CRUNCHY GREEN BEANS

Pour 1 tablespoon (or more) oil in pan. Put in beans. Season with salt, Accent, onion, oregano and 1 tablespoon water. Cook 15 minutes.

### CHEESE SAUCE

4 Tbsp. margarine	1/8 tsp. salt
4 Tbsp. flour	1/2 lb. (2 cups) grated cheese
	2 cups milk

Melt margarine; blend with flour. Add cold milk and salt. Stir until thickened. Add cheese; stir until melted. Serve over: toast, rice, macaroni, spaghetti, potatoes, cabbage, asparagus, onions, cauliflower, broccoli. Can be used in casserole, covered with bread crumbs.

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“Divine love is a sacred flower, which in its early bud is happiness, and in its full bloom is heaven.”

—Eleanor Hervey

## INVOCATION

O Great Infinite Spirit, as man is caught up in the spirit of the happiest time of the year, grant to all, wisdom and willingness to make proper preparations to receive and value the unspeakable gift of Divine Love—the gift to all peoples. May the joyous spirit of the glad Yule Season suffuse mortals' communion with the spirit world with compelling assurance that departed loved ones still live and love as before. May the glow of spiritual understanding warm human hearts with brotherly, spiritual Love. May the ceaseless Christmas Spirit of Peace, Good Will on Earth, wholly possess the Earth, reigning in the hearts of all.

## CHRISTMAS

“That which we look on with unselfish love  
And true humility is surely ours,  
Even as a lake looks at the stars above  
And makes within itself a heaven of stars.”

—Brainard

The Spirit of Christmas lies in Humility and Love. It came of lowly origin when the Babe born in the manger heralded an Era of Love, awakening mankind to a realization that the great pendulum of Love, not earthly gain or power, regulates the eternal in human lives.

Love is the universal attribute governing the state of consciousness called Heaven. It is the universal gift in reach of all. The Bethlehem Child brought this gift into the world and invested it here for the benefit of all mankind.

Scriptural history reveals the heralding of Jesus' birth to the humble shepherds—not to King David. The Wise Men were guided to Him in a humble way—by a star. Mary and Joseph, his parents, were humble people. He lived humbly, chose a humble occupation and surrounded Himself with people from the humble walks of life. Yet, He left a record that has never been equalled in power to enrich and ennable mankind.

Love, radiating from Spirit, prompts us, at this Season, to assist the less fortunate.

“There's a star to guide the humble,  
Trust in Truth and do the right.”



## Busy Bees

by Bee Dorbandt\*

Serenity Church is pleased to announce that the Holiday Harvest Bazaar held on November 16 was the most successful in the history of the church. The cabin was filled to overflowing with hand-crafted items: afghans, pillows, hand painted tables, string art, hand puppets. There were jams, cakes, breads and candies, as well as round-the-clock buffet served to our good purchasers, who know the quality at Serenity. Introduced at this Bazaar were the new beautifully executed, scientifically designed Serenity terrariums. These contain exquisite scenes in addition to guaranteed vibrant, healthy plants. Orders already far exceed the original projections. Visitors' comments were very positive. Thank you, members and friends, who helped make this event one of our best so far.

The beautiful sayings and higher teachings of The Living Light book have been condensed into a book entitled "Little Lights." It is in pocket form and with its matching envelope, the book can be mailed for the regular postage rate as Christmas cards or used for other happy occasions. It would truly make a wonderful get-well card, as it contains much to ponder.

The December dinner-social will be on the theme of "An Irish Feast" and will be held on Saturday, December 14 at 6:30 p.m. at the American Legion Log Cabin. Plan to attend this pre-Christmas dinner and enjoy the delicious food and entertainment Serenity is becoming known for.

There will be a pre-Christmas Bake Sale to be held on December 21 at the Downtown Shopping Center, Novato. There will be beautifully decorated cakes, Christmas breads, cookies, and candies which will beautify your Christmas table or be appreciated as a gift by a friend.

## *DECLARATION OF PRINCIPLES*

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*

A TEACHER'S DEMON—

STRATION IS A

STUDENT'S ETERNAL

QUEST.

—The Wise One

## BECOMING A SPIRITUALIST

“Obey My Voice And I Will Be Thy God”  
by H. Gordon Burroughs

Down through the ages we have been told to listen for the Voice in order to be in touch with the Divine. Much has been written on the subject, but too often the ideas presented cannot be grasped; the key to the mystery is hidden, and so few can find it.

Spiritualism has a specific approach to this subject and to God. The average individual expects to hear an audible voice and see a visible form—an experience that would enable him to believe that he had made contact with some unusual force. Many people claim that they do not understand what is meant by receiving help and direction from the over-shadowing influence of people from the other side of life. Then, too, they have the idea that the philosophy of Spiritualism is solely to solve all the problems in the life of an individual. The average student, however, does not go deep enough into the question. Often we hear people deplore the unrest through which the world is passing and say, “If there is an Infinite Power, if there is a God, why does He permit these conditions to exist?” If an attempt is made to answer that question from a theological viewpoint, it cannot be done. If we look about us, there seems to be much more shadow than sunlight in the world; more sorrow in the lives of people than happiness; more hunger and strife than peace and fulfillment. It has been said that honesty is the best policy; and yet, if we view it purely from a theological standpoint, this statement is not true because the dishonest succeed so often. They frequently fill prominent positions. The gambler rides in a Rolls-Royce and owns a beautiful home; you struggle to pay your rent. You ask, “Does honesty pay?”

Spiritualism, however, approaches the subject from a different standpoint. It recognizes an infinite law, a just law that is in constant manifestation, an ever immutable law; but if we disobey the law or if we are ignorant of the law, the law does not exempt us from the suffering which we pass through by disobeying it. The law is that fire burns, but the law does not tell us to put our fingers in the fire. If we do so, we shall be burned because the law does not change. Other laws are equally immutable, and ignorance of their manifestation does not excuse us. We must learn to respect it and live in accordance with the manifestation of infinite expression.



## *Lest We Forget*

The Cavender Family  
 Pearl Chabinsky  
 William B. Fraser  
 Dolores Pearl Goodwin  
 Harold Goodwin  
 Isa A. Goodwin

Jonquil  
 Alexis N. Krivor  
 Harold W. Lucas  
 Margaret L. Walker  
 Willie  
 Esther Yavneh

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

(Continued from Page 6)

Energy through what is known as the vehicle of thought and that becomes a mental law. Now what is the difference between those types of law which man is doing all the time and the Divine Law? The Divine Law which is the energy itself, its sole purpose is expression, that is the Divine Law, and it is the Divine Right of the form to make the choice and have whatever experiences that it decides upon by directing that energy into whatever expression that he so chooses. This philosophy teaches liberty, not license. And when does man lose liberty? Man loses liberty when he goes into license. And how does man go into license? By transgressing the law. Now, what do we mean by license? By license we mean to do what you want, when you want and how you want, to whom you want. That is not the teachings of Serenity or of Spiritualism. But you can do that if you choose. But it is the negative faith or fear that keeps us in some degree of balance in the world and in society. Faith serves a wonderful purpose. We have faith when we turn the key in the car, it starts, and so we have faith when we flip the switch, the light goes on. We also have faith if we put our hand into the fire that it will burn. Now, where did we get that faith? We do not believe in a God that is a giver, that gives to one and takes from another. And this is why I personally do not believe in what they call "spiritual gifts." I believe in the teachings of National Spiritualism and its Declaration of Principles that clearly states personal responsibility. Well, if I am personally responsible, then, of course, there is not some God giving me something that I haven't already earned, through my own efforts through the evolutionary process known as the soul's evolving through space. That does not mean that we do not have gratitude for we are not the ones that can make the stars move in space. Let us think, my friends, who gave us that faith that if we put our hand in the fire it will burn? Did we receive it the moment our soul was impulsed into being on this earth plane? Is that when we received it? Well, I am sure you will all agree, we received it either from our parents or guardians who were teaching us to stay away from the stove or we would get burned. And what is so interesting, my friends, you know, so much has been talked about the human ego and its tenacity. Well, don't think it comes with old age. It comes right with us at the moment of birth. You can take a three-year old child and tell them not to touch the fire, be rest assured, sooner or later, some day, they are going to touch it. And why are they (Continued on Page 33)



## Poet's Pen

There, my blessing with thee!  
 And these few precepts in thy memory  
 See thou character. Give thy thoughts no tongue,  
 Nor any unproportion'd thought his act.  
 Be thou familiar, but by no means vulgar;  
 Those friends thou hast, and their adoption tried,  
 Grapple them to thy soul with hoops of steel;  
 But do not dull thy palm with entertainment  
 Of each new-hatch'd, unfledg'd comrade. Beware  
 Of entrance to a quarrel: but being in,  
 Bear't that the opposed may beware of thee.  
 Give every man thy ear, but few thy voice:  
 Take each man's censure, but reserve thy judgment.  
 Costly thy habit as thy purse can buy,  
 But not express'd in fancy: rich, not gaudy;  
 For the apparel oft proclaims the man.  
 Neither a borrower nor a lender be;  
 For loan oft loses both itself and friend,  
 And borrowing dulls the edge of husbandry.  
 This above all: to thine own self be true;  
 And it must follow, as the night the day,  
 Thou canst not then be false to any man.

*Hamlet, Act I, Scene 3*

—William Shakespeare

## FABLES FOR YOUNG AND OLD

### THE WIDOW AND THE HEN

There was once a poor old Widow who lived alone in a farmhouse. Her only source of food was a faithful Hen who laid only one egg each day. One morning, as the Widow enjoyed her daily omelet, she began wondering how she could encourage the Hen to lay more eggs.

"If I were to double the chicken feed," she said to herself, "it stands to reason that the Hen would lay twice as many eggs."

So she started giving the Hen twice the usual amount of feed each day. The Hen grew fatter and fatter and each day the Widow expected to find more eggs. Eventually there did come a change, but not what the Widow had hoped for. The Hen became so fat that she rarely laid an egg at all, and when she did it was usually broken by the weight of her body.

—Doubling the investment doesn't necessarily double the income—

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### THE HARE AND THE HOUND

One day a Hare was taking his ease in a thicket. He was unaware that a Hound nearby was searching for his dinner. The two saw one another at exactly the same moment. The Hare shot out of the thicket and ran as he had never run before. The Hound gave a very impressive chase, but finally exhaustion overruled his appetite and he turned back.

The Hare reached the top of a hill and stopped to look back at the retreating Hound. Nearby stood a Shepherd who had witnessed the chase.

"It never ceases to amaze me," said the Shepherd, "how an animal as small and weak as you can have the endurance to outlast a big, strong Hound!"

"It's really not so hard to understand," the Hare said between gasps. "Just remember that he was only running for his dinner—I was running for my life!"

—The will to survive is the most powerful motivation—

## SERENITY CASSETTES

SERENITY CASSETTES — A new and exciting concept of learning and inspiration, giving you an opportunity to personally and privately study the higher spiritual teachings of THE LIVING LIGHT philosophy. Serenity Association proudly announces these are now available in cassette form!

The original discourses from THE LIVING LIGHT book, church lectures on such enlightening topics as "Acceptance, the Divine Will"; "Journey of the Soul"; and "The Wisdom of Tolerance" to name a few, plus numerous Spiritual Awareness Classes are a part of the series being offered. Utilizing a question and answer format, each Spiritual Awareness Class varies widely in topics covered. Answers are carefully attuned to the student's understanding. One class, for example, discusses the Divine merit system and the soul's evolutionary incarnation into form; explains that on earth one uses the soul faculty of faith to learn lessons; suggests how to determine one's lessons of life; shares an understanding of what determines the rapidity with which we experience the effects of a law we set into motion; discusses mental retardation; the wisdom of charity; the principle of duality; the principle of change; success and failure; the duty of the soul to produce in a world of creation.

THE LIVING LIGHT philosophy, patterned after life herself, is the understanding developed over centuries by The Wise One, a Great Teacher from the higher realms of Light. These teachings are brought to us through the trance-mediumship of Richard P. Goodwin.

These cassettes, electronically reproduced on the highest quality tape available, are individually priced at \$7.50 plus California State Tax and shipping charge of \$.50 each. They may be purchased for only \$6.00 plus tax and shipping charges by members of The Serenity Cassette Club, whose obligation is to buy twelve (12) cassettes per year.

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(Continued from Page 29)

going to do that? Does it mean that they don't believe us? What does it really mean? Well, it means that they choose to have their own experience, burn or no burn. So you see, a super ego doesn't come with old age. It is with us right in the beginning. It serves a good purpose. You get burned once, and if you have a strong enough ego, it says, "I don't want that experience again." And so, when it is tempted by the temptation of putting its hand in the fire again, its little ego says "no, I didn't enjoy that experience," and, therefore, that desire is stronger than the other one.

We know in our world today that there are people who are able to walk upon hot coals and fire, and yet not be burned. Well, does that mean that those people have received some kind of a special gift in life? That certainly does not. It simply means that they have a greater understanding concerning the laws of life than the rest of us have. So, friends, let us pause in our life a little more often, and if there is something that you are seeking and desire, and it seems to continually escape you, don't look outside for the cause. You can change that. Whatever you are seeking is also seeking you. The only obstruction, my good friends, is the lack of expressing through the soul faculties of faith, poise and humility, duty, gratitude and tolerance and the soul faculty of patience, acceptance and Total Consideration. So, remember, do not be frustrated when you do not receive what you think you should be receiving. Ofttimes according to the law that you and you alone have set into motion, it is the best thing that ever happened to you. So let us pray for more understanding. Thank you very much.

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"Our friend and we were invited abroad on a party of pleasure, which is to last forever. His chair was ready first, and he is gone before us. We could not all conveniently start together; and why should you and I be grieved at this, since we are soon to follow, and know where to find him."

—Benjamin Franklin

(Continued from Page 5)

*How can you prove this assertion?*

By the blessed and even infallible scriptures.

*What scriptures do you refer to?*

The scriptures which the true eternal God has written. The whole universe consists of sentient beings, each of whom is an express word of the Supreme Being. Nature is a book whose every sentence proves the ascension of man from a small point of life; the first productions of Nature are inferior to her every subsequent unfolding.

*What is sin?*

Sin is a name for excess; a mark missed by man in his development; a ditch, into which, when with ignorance or passion blind, we stumble for a season.

*What is the sequence?*

We get pervaded, perhaps saturated, with its pollutions. The deeper we plunge, the more polluted; so exceedingly soiled at last, that we dread to find ourselves in daylight. We therefore (mentally) go into outer darkness; shirking the sun and gaze of honest eyes, because of our debasement.

*Did all mankind fall in the first transgression?*

Nature, through all her parts, is regulated by the same changeless principles—one being the law of progressive improvement; hence, descending from the primal races by ordinary generation, posterity is *benefited*, not injured, by primitive misdirections; for so great and powerful and just is the DIVINE SPIRIT, that all evil is overcome by good, and one of the original mistakes of our remotest ancestors has proved more valuable as a means of victorious achievement in righteousness than a million acts of passive rectitude or negative goodness. Because such acts, like man's primitive misdirections, are not the result of voluntary affection or intelligent choice, based on adequate experience—but mistakes and acts, on the contrary, stumbled upon and kicked out of the sands of Progress, even as the precious diamond was thrown up into open day and proverbial celebrity by the undesigned toe of a wandering savage—in which there exists neither merit nor demerit, but *discovery* nevertheless and benefits unnumerable.

*May the light of  
Serenity lift your soul  
open your heart  
and free your mind  
to the eternal truth  
that we are indeed  
the servants of one God  
one truth and one life  
that never ends*

*Serenity Spiritualist Association*

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